

Not a Bite of Breakfast Until You Drink Water

Says a glass of hot water and phosphate prevents illness and keeps us fit.

MAIMED MUST STAY AT HOME AT END OF WAR

"Pep" Ginger and Ambition for "Run Down" Men Weak, Nervous Women

A medicine that helps the weak, nervous, half-sick, nerve-starved men and women can be bought of any live druggist by asking for three grain Cadomene Tablets in sealed tubes at one dollar per tube, or six tubes for five dollars—full treatment.

BEFORE TAKING

You have headaches, backaches, shattered nerves. Your ambition is gone, extremities cold or numb, heart flutters, kidneys inactive; vitality low, confidence gone, life seems hopeless. Despondency attacks you—your friends desert you, you're not interesting, energetic, full of life and vitality.

AFTER TAKING

Your health improves, aches are banished; ambition returns; blood circulates freely, powerfully; nervousness disappears; heart becomes normal; organic troubles corrected; vitality renewed; confidence restored and life becomes brighter; your friends find you of interest, admire your strength & your magnetism, which is another word for smile and joy.

All this comes because your nerves, blood and vital organs feel the beneficial medicines in three grain Cadomene Tablets.

YOUR SYMPTOMS tell you that you need a powerful, stimulating tonic to regain all that you have lost. \$1.00 to become public charge.

Unless European governments will not restrain legislation, business interests predict an unprecedented wave of immigration into the United States will be seen at the close of hostilities.

Able-bodied men, as well as the crippled, seeing retarding influences in every hand, will attempt to escape from the chaos. The governments, needing every man in the supreme effort at reconstruction, will undoubtedly pass restrictive legislation. With these two elements present, he said,

America is waiting with eyes open.

DESPONDENCY.

When you feel disengaged and despondent do not give up but take a dose of Chamberlain's Tablets and you are almost certain to feel all right within a day or two. Despondency is very often due to indigestion and biliousness for which these tablets are especially valuable. Obtainable everywhere.

Roosevelt Not Coming

It was announced from the Republican headquarters today that neither General nor Mr. Roosevelt would visit Oklahoma before the election of delegates against Turner.

Turner is being well in the country and it was reported that his campaign would be finished late Wednesday afternoon.

Senator Owen Tuesday.

Senator R. L. Owen will make two speeches in Oklahoma City Tuesday afternoon.

Announce Birth of Twins.

Mr. and Mrs. Roy E. Porter of 1824 West Cleveland avenue announce the birth of twins, Monday morning, October 16th. The boy weighs seven and one-half pounds and the girl five.

Help the Poor.

Help the poor by saving any old clothing, furniture, dishes, etc., for the West Side W. C. T. U. to distribute among the poor. Phone 1108 and your articles will be called for.

Wilder Improves

Lew Wilder, sheriff of Creek county, who was shot in a battle with an outlaw at Sapulpa Thursday last, continues to improve. It is now said he is out of danger and unless complications set in, will recover.

Auto Thieves at Tulsa

Sixty-two automobiles have been stolen from the streets of Tulsa so far this year. Of that number 47 have been recovered and not three convictions resulted. Tulsa people are demanding better protection.

Lutz Buyer Returns

Frank Raugh, shoe buyer for the P. O. Lutz stores here has returned from the eastern markets after buying a large line of shoes for fall and winter.

PANCHO VILLA TO JOIN FORCES WITH FELIX DIAZ

(CONTINUED FROM PAGE ONE)

shows. This document refers to Reyes Estrada and reads:

"I concede a traveling pass to Reyes Estrada with the object of his joining our forces and with the understanding that if he does not fulfill his promise within ten days he will be considered as an enemy and will expose his family to be burned."

General Trevino is making every preparation for another attack from the Villa forces. The hills near the city are being entrenched and cannon placed on the higher points. Outposts are sent out each night to prevent a surprise attack. An infantry division is now en route from Parnas Coahuila under command of General Jose Santos.

Three Inches of Rain

Three inches of rain fell at Ardmore and throughout the southern oil fields yesterday evening.

DARKEN YOUR GRAY HAIR

Have Beautiful, Soft Hair of an Even Dark Shade.

Not even a trace of gray shows in your hair after a few applications of Q-Ban Hair Color. Restores to hair and scalp, Q-Ban is no dye, is harmless, but makes scalp and hair healthy and restores the natural color glands. If your hair is gray, streaked with gray, faded, dry, bleached, thin or falling, apply Q-Ban as directed on label. Soon all your gray hair and entire head of hair gradually turns to an even, beautiful dark shade, leaving all your hair healthy, fluffy, soft, radiant, thick, full of life, fascinating; so evenly dark and handsome no one will suspect you used Q-Ban. Also stops dandruff and falling hair. Sold on a money-back guarantee. Only 50¢ for a big bottle at Eagle Drug Store, Guthrie, Okla. Out-of-town people supplied by parcel post.

Palm Beach and Keep Kool Suits Cleaned and Pressed for 75c

Our Work Guaranteed We Call For and Deliver

JACK SWILLING

Tailor - Hatter - Cleaner 117 S. 1st St. Phone 56-

METZ

The Leading Tailor

The place to buy your Fall Suits. I carry the only up-to-date line of woolens in the city.

Suits guaranteed for one year, if not satisfactory will make a new suit free of charge.

Phone 80-122 W. Okla.

Have a Clear Complexion and Clean Skin

There is one sure, safe way to avoid a blotchy, pimply skin. A good or bad complexion comes from within. If you want a clear complexion, a clean skin—rosy cheeks and good health, your blood must be pure and the poisonous matter must be carried off.

Dr. Edwards' Olive Tablets assist nature to remove all poisonous waste matter in the system. They act on the liver and bowels like calomel yet have no dangerous after-effects. They are reliable—safe and cannot harm—are used by women folks everywhere.

Constipation is nearly always the cause of all ailments of women. Their remedies must be made to do their work as nature intended—in a normal way.

Have color in your cheeks. Take one or two tablets nightly and note the pleasing results. All druggists—10c and 25c.

All druggists sell Resinol Ointment and Resinol Soap. For a specimen of each write to Dr. Edwards, Baltimore, Md. Our Resinol Doctor for Sale.

Resinol clears pimply skins

Just wash your face with Resinol soap and hot water, dry and apply gently a little Resinol Ointment. Let this stay on for ten minutes, then wash off with more Resinol Soap. In a few days pimples, redness and roughness will vanish. I know that sounds too good to be true but it is true. Try it and see.

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TYPIST FALLS EASY VICTIM TO FILM BUNK

Mother's Cook Book

TE SA GIRL, NELLIE LANA-MEE, GIVES UP MONEY TO BETTER MOVIE STAR

We were not long ago told that the body is properly nourished when muscles and all organs receive a sufficient amount of oxygenated blood. Now we know that the body loses its oxygenated blood when it is in motion, and that the heart must work harder to supply the body with oxygenated blood.

Good Things for the Table.

There are now many being discovered daily of using old bacon in meat dishes, for example, sandwich eggs with red pepper. Best are eggs lightly salted with paprika and poor ribs in a smoking hot frying pan well greased with butter, add two tablespoonsfuls of cream and two tablespoonsfuls of chopped red pepper. Serve on toast.

Almond and Celeri Soup.

Celeste, in South Africa, a French dish invented in the west of France, is a celeri soup with a garnish of bacon, just a dash of cream, some white wine and a small herb, served in a cup of bacon fat, garnished with a sprig of parsley and a slice of bacon.

With a sprig of celeri, a slice of bacon and the young leafs of a

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